

## Microblading Before Care

- You must be off Retin-A or Retinols 7 days prior to appointment and or avoid around the area for 30 days after. If used before 30 days, it can cause the pigments to fade prematurely.
- If you are on blood thinners we require a note from your Doctor allowing you to go off them for 3 days prior to your procedure and the note must also have the Doctors approval for the procedure (Please make sure you stop taking these 3 full days prior to your appointment).
- Any break out of cold sores you MUST wait 2 weeks before ANY procedure once they have cleared.
- If you are prone to cold sores, please get a prescription of Valtrex (1000mg for 14 days) and begin taking it 7 days prior to your procedure and 7 days after your procedure (for any type of permanent cosmetics, not just the lips).
- Please do not take aspirin, green tea, vitamin E, or any Herbs for 3 days prior to your procedure. If your Doctor has you on aspirin every day we will need your Doctor's approval in written form for you to stop taking the aspirin.
- If you are under treatment for any form of cancer, you must wait until your treatment is complete. It is recommended to get permanent makeup before you start any cancer treatment.
- No alcohol for 24 hours prior to your procedure.
- No caffeine or Salty Foods for 24 hours to your procedure.

Please be advised that women that are on or near their menstrual cycle tend to bleed a bit more during the procedure than women that are not. In addition- numbing agents also seem to not take as well to women who are menstruating. If you wish to avoid this please let us know.